

# 10K-A-Day Walking Resources

## *Walking Websites*

*These helpful websites provide support and tips for beginning and experienced fitness walkers.*

### **FitnessMotivation.com**

This site offers a free One Minute Fitness Coach email. Twice a week you'll receive an inspiring message reminding you why you could be exercising instead. Example: "In just 5 minutes you can go from being a couch potato to taking an invigorating walk."

[www.fitnessmotivation.com](http://www.fitnessmotivation.com)

### **The Fitness Jumpsite**

Find suggestions for choosing a compatible fitness partner – someone who can inspire you, keep you accountable, and help you stick with your fitness walking program. [www.primusweb.com/fitnesspartner/library/activity/findpartner.htm](http://www.primusweb.com/fitnesspartner/library/activity/findpartner.htm)

### **Backpacker.com**

Sponsored by *Backpacker Magazine*, this offers news, destination tips, backpacking gear, interactives, safety advice, plus discussions on topics such as finding a hiking partner, cooking on the trail, and more.

[www.backpacker.com](http://www.backpacker.com)

### **Prevention's Walking Club**

Explore a wide variety of walkers' resources. Includes an interactive walking calculator that tells you how many calories you burned, walking tours in Hidden Canyons, Utah, Zell am Ziller, Austria, and other exotic locations, meal tips for walkers, suggested stretches, pole-walking tips, and much more. [www.women.com/clubs/walking](http://www.women.com/clubs/walking)

### **GORP (Great Outdoor Recreation Pages)**

This site was created by a husband-wife team who are avid travelers and outdoor enthusiasts. It has a comprehensive trails database, searchable by region, plus a hiking club locator, tips on hiking know-how, advice for parents and kids. [www.gorp.com/gorp/activity/hiking.htm](http://www.gorp.com/gorp/activity/hiking.htm)

### **About.com**

Wendy Bumgardner has filled her site with fitness walking information and resources. Examples: walking and weight control, power-walking and racewalking tips, top trails, clothing and gear, advice on stretching. [www.walking.about.com/recreation/walking](http://www.walking.about.com/recreation/walking)

### **The American Heart Association**

The online exercise diary is a place to record your daily, weekly, or monthly exercise regimen. Once entered, the site provides personalized feedback reports and statistical summaries. A personal trainer will email you encouragement and suggestions for working toward your goals. [www.justmove.org/diary/login.cfm](http://www.justmove.org/diary/login.cfm)



*"There is a difference between knowing the path and walking the path."  
– Morpheus, in the movie Matrix*